

## **Instructions for Upper GI Endoscopy**

**Check In:** La Jolla Endoscopy Center, 9850 Genesee Ave. **Suite 980**, La Jolla, CA 92037

Procedure Date: \_\_\_\_\_ Check in Time: \_\_\_\_\_

**\*\*\*Cancellations Require 48 hours Notice\*\*\***

### **Five to seven days before your procedure:**

- **HOLD** non-steroidal anti-inflammatory or arthritis medications (e.g. ibuprofen, Advil, Motrin, Nuprin, Naprosyn, Alleve, Celebrex, Mobic, etc.) *You may take Tylenol.*
- **HOLD** aspirin, aspirin-containing products (e.g. Alka-Seltzer, Excedrin, etc.), and Plavix. If you are taking Coumadin, Lovenox, Heparin, or other blood thinners, contact our office as well as the doctor who prescribed the medication for specific instructions.

### **Day of your procedure:**

- If your procedure is scheduled for the morning, please do not eat or drink anything after midnight the night before.
- If your procedure is scheduled for the afternoon, you may have clear liquids (see below) up to 2 hours before the procedure.

**Clear liquids:** Gatorade/sports drinks/Pedialyte, soft drinks, strained fruit juices without pulp (apple, white grape, orange, lemonade), fruit flavored drinks (e.g. Crystal Light), water, tea, coffee (without milk or milk products, including non-dairy creamer). NO dairy products, smoothies or shakes.

Sedatives will be given during the exam. Please make sure you make arrangements to have a responsible adult drive you home. Taxis and buses are NOT acceptable forms of transportation. The driver must go to Suite 980 to sign you out before you can be discharged. Plan to be at the facility for about two hours.

Should you have any questions, please contact Syndie at (858) 453-5200.  
swilliams@ljgastro.com

**\*Please note:**

**You will receive a call up to a week before your procedure to verify insurance benefits and the amount of money to be paid on the day of the procedure at the time of check in. Physician charges are separate from facility charges. If biopsies are taken, you will receive two additional bills from the pathologist and the hospital laboratory.**